

## ABSTRACT

**Title:** Training of a Show Jumping Pair in a Framework of the Youth Sports Centre of the Czech Equestrian Federation

**Targets:** The presented diploma thesis was targeted at suitability and effectivity of the Youth Sports Centre (YSC) of the Czech Equestrian Federation. I concentrated on searching for the positives and negatives both in the YSC system and training schedules. I believe that any results can contribute to understanding of these organisations function and can lay a new base for further study which will improve the whole system of education.

**Methods:** The first step for familiarising with the problems was an analysis of special literature method usage. It was followed by observing the YSC participants during fulfilling their tasks in individual training camps. In the end, the results of the main competition of the season – the Championship of Children, Juniors and Young Riders – were gathered and assessed. The conclusion was compared and consulted through an interview with a leading trainer of the YSC Roman Drahotka.

**Results:** The conclusions based on the main competition of the season results – the Championship of the Czech Republic of Children, Juniors and Young Riders- indicate that the YSC of the Czech Equestrian Federation training schedule was selected properly. Among the positive facts I count exercises focused on profile obstacles and open water jumps which are common at higher level of show jumping (Championship of CR, international competitions, qualification for ECH, European Championship etc.) and which often cause penalties. Another positive fact are straight jump lines, keeping the distances in the plain and in curves, right position in the combinations approach and keeping the right pace during jumping. At last but not least I appreciate including the dressage lessons with a lecturer into the YSC training schedule. A well trained horse is better equipped to manage more complex jumping courses.

I don't consider the whole system of the Youth Sports Centre of the Czech Equestrian Federation ideal. Through observing I realised the highest productivity growth only at the Children and some Juniors, who take part in

YSC regularly. These results indicate that the candidates accepted to the YSC at the age of 12-13 have better chance to become successful jumping riders providing they receive a horse of a good quality. On one side I appreciate premises selection which agree with all the criteria for training camps plus organising two checkout competitions (Zduchovice Cup, Poděbrady Cup), where the riders could test their skills and nerves. On the other hand in my opinion, it is necessary to concentrate more on communication between the local and YSC trainers. I missed bigger concern of local trainers about solving the problems in the framework of YSC training camps and about mistakes of their trainees. This resulted in sending horses in inadequate condition for participating in training or in absence of some riders(participating YSC) in a checkout competitions in Zduchovice and Poděbrady. In the conclusion I appreciate theoretical lectures inclusion in the YSC system. During the competition, the behaviour of adolescents is very good. The riders from YSC always follow the riding sport rules, proper behaviour and fair play.

**Keywords:** show jumping, horse riding, jumping rider training, jumping horse training, training schedule, Youth Sports Centre, Czech Equestrian Federation